

# CHRIST MEDICUS

## TAKING BACK HEALTH CARE FOR THE CULTURE OF LIFE



Dear Friends,

I hope and pray this finds you doing well! Given the many events of this summer and fall in America and globally, at Christ Medicus Foundation we are praying for peace and healing in our country and the world. We also are praying for all of you who read, pray for, support, or otherwise participate in our mission of defending life and religious liberty, sharing the healing love of Christ in health care, and taking back health care for the culture of life.

By God's grace and with your support, Christ Medicus Foundation (CMF) is having its most impactful year ever in defending life and religious freedom nationally, combating religious discrimination in health care, and in growing Christ-centered pro-life health care for individuals, families, and employers. In all that America faces, the only way forward is Christ and Christ-centered healing that affirms every person's dignity! CMF is leading the way in ending the culture of death's dominance in American health care and in expanding Christ-centered pro-life health care that heals and restores the whole person.

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Becca Wilson  
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### Happy Fall

FROM  
LOUIS BROWN JR., J.D.  
EXECUTIVE DIRECTOR  
CHRIST MEDICUS  
FOUNDATION  
CMF CURO

*"First, our nation needs to culturally proclaim the beauty and sanctity of human life and the redemptive value of suffering ... This reclamation and renewal of human dignity in medicine will require broadly educating the public about a patient's dignity from conception to natural death."*

Louis Brown, from *First Things* 02/22/2024

This year we have been protecting unborn life, defending religious freedom, working to stop anti-life and anti-religious discrimination in health care, and expanding pro-life health care nationally. We are educating the Presidential Administration, educating Congress, and educating the federal judiciary to defend and advance life and religious liberty. By God's grace only, the following are highlights of our impactful work you have helped us do:



Educating Congress and building public support for the successful defunding of Planned Parenthood and abortion providers;



Co-leading a Catholic pro-life letter with other leading Catholic pro-life organizations to FDA Commissioner Marty Makary calling for regulatory restrictions on chemical abortions;



Educating the Presidential Administration and Congress about public policy solutions to stop religious and conscience-based discrimination in the healthcare industry and to create fairness and equal opportunity for pro-life health care;



Co-filing amicus briefs with the First Liberty Institute and other Christian healthcare groups in *Washington v. Trump* in the U.S. Courts of Appeals for the 9th Circuit and in *PFLAG v. Trump* in the 4<sup>th</sup> Circuit requesting that those courts help protect conscience rights and uphold the President's Executive Orders combating gender ideology;



Fighting against anti-life pro-euthanasia policies in the healthcare industry by equipping federal policy makers, dioceses, Catholic medical professionals, and pro-life leaders to protect the life of vulnerable patients at the beginning and end of life.

In federal public policy and in the market, CMF is working to divest tax dollars and private money out of pro-abortion pro-gender ideology 'care' and to invest those dollars in a truly pro-life healthcare ecosystem. In June, the renowned *National Review* covered Christ Medicus Foundation's vision for defunding the culture of death and building a pro-life healthcare ecosystem on the 3<sup>rd</sup> anniversary of the Dobbs decision in the article, 'An Emergent Revolution in Health Care.' (scan the QR Code to read this article)



Your prayers and support are helping the Christ Medicus Foundation's work to **stop funding the culture of death and to fund and accelerate the culture of life** in health care.

*"The ultimate answer to abortion is a revival where the love, mercy, and healing of Jesus Christ is shared across society."*

Louis Brown, from *An Emergent Revolution in Health Care*

We are building this pro-life healthcare ecosystem in part through Christ Medicus Foundation's CURO Program that provides individuals with personal Catholic wellness coaching, spiritual direction, Catholic bioethical guidance, and online Catholic health and wellness courses. We also are building this pro-life healthcare ecosystem through CMF's HOPE Program for employers. The HOPE Program is a Catholic pro-life health and wellness program centered on healing and flourishing that can provide the following services to dioceses, organizations and businesses:

- Christ-centered Catholic mental health counseling;
- Catholic spiritual direction;
- Catholic wellness coaching;
- Catholic bioethical consultations; and
- Catholic health and wellness resources that form and equip people to live the flourishing and holiness Christ desires for them in spirit, mind, and body.



The HOPE Program already is serving over 8,000 employees in six Catholic dioceses. Would you like more details on the HOPE Program for your diocese, organization or business? Please contact Rebecca Wilson of the Christ Medicus Foundation team for more information at [bwilson@christmedicus.org](mailto:bwilson@christmedicus.org).

This program continues to be a powerful witness to God's grace in action. Members experience healing that goes beyond medicine – renewal that reaches the heart and soul. The words below from HOPE participants speak beautifully to what it means to be renewed in Christ's love.

"I appreciate that [my coach] understands the connection between our physical, mental, and spiritual health, as it has helped me to delve deeper and think more holistically about the habits I want to implement."

"Making these monthly, half-hour coaching sessions with [my coach] a priority improves my physical and spiritual practices. She listens to where I am and makes suggestions. Incorporating this work is improving my confidence and resolve to be a healthier mother, sister, friend, and employee."

"Connecting with [my coach] on a regular basis has been such a blessing! Her approach is gentle, kind, and practical, and she has been able to offer much-needed encouragement for me as certain health issues have arisen."

Christ Medicus Foundation's impactful work has been featured publicly well over two dozen times this year in various platforms and news outlets including:

- The National Review article 'An Emergent Revolution in Health Care' featuring CMF's thoughts on the future of the Pro-Life Movement;
- A National Review article on the pro-life implications of the One Big Beautiful Bill;
- The Colorado based podcast, Wayne's Word, where we discussed the legal battle against Colorado's unjust state law attempting to prohibit Abortion Pill Reversal (APR) even though APR has saved thousands of unborn children by stopping the medical effects of chemical abortion pills;
- En Route Books & Media and the International Catholic Jurists Forum's podcast series on the Social Doctrine of the Church, featuring CMF's head of bioethics Michael Vacca as co-host;
- An EWTN Radio interview with Teresa Tomeo in July on the pro-life aspects of the One Big Beautiful Bill;
- The Catholic Association and EWTN's Conversations with Consequences episode in July regarding the U.S. Supreme Court decision upholding a state ban on transgender procedures for minors;
- Catholic Vote's The LOOP covering CMF's statement supporting the U.S. Department of Health and Human Services report uncovering the problems with transgender procedures for minors;
- Catholic Vote's The LOOP covering Christ Medicus Foundation's statement requesting that the FDA overhaul regulations on chemical abortions;
- Published the National Catholic Register blog post, 'The Catholic Answer to the Longing for 'Wellness'';
- Our Sunday Visitor podcast, 'Catholics in America: Catholic Health Care: A Path to Healing';
- National Catholic Bioethics Center's (NCBC) podcast episode of 'Bioethics on Air: Trump 2 and Catholic Health Care, What Can We Expect?'; and,
- NCBC Quarterly.

Friends, we are praying and working to raise \$100,000 this fall to empower our defense of life, human dignity, and religious freedom in health care and to bring healing and transformative pro-life health care to individuals, families, and employers nationwide.

Would you prayerfully consider a gift of \$100, \$250, \$500, \$1,000, \$5,000 or even \$10,000 to help us reach our \$100,000 goal this fall? Would you be willing also to pray for our efforts? We would be so grateful!

A tax-deductible gift to the Christ Medicus Foundation may be made online at <https://christmedicus.org/donate/> or a check may be mailed to:  
Christ Medicus Foundation - 2250 Butterfield Dr. - Suite 210 - Troy, Michigan 48084

Thank you for your support, for being a co-laborer in God's vineyard, for your prayers, and for considering a financial gift to Christ Medicus Foundation's mission to take back health care for the culture of life.

May God bless and keep you through the intercession of Our Lady of Guadalupe,

Louis Brown Jr., J.D.  
Executive Director  
Christ Medicus Foundation & CMF CURO

# Wellness Isn't Just Physical — It's Spiritual

Commentary Blog Originally Published in the [National Catholic Register](#)

Health, nutrition and what it means to “be well” are often at the forefront of public conversation. But beyond the additives and our food system, what does it all mean? And what should it mean for faithful Catholics and our communities?

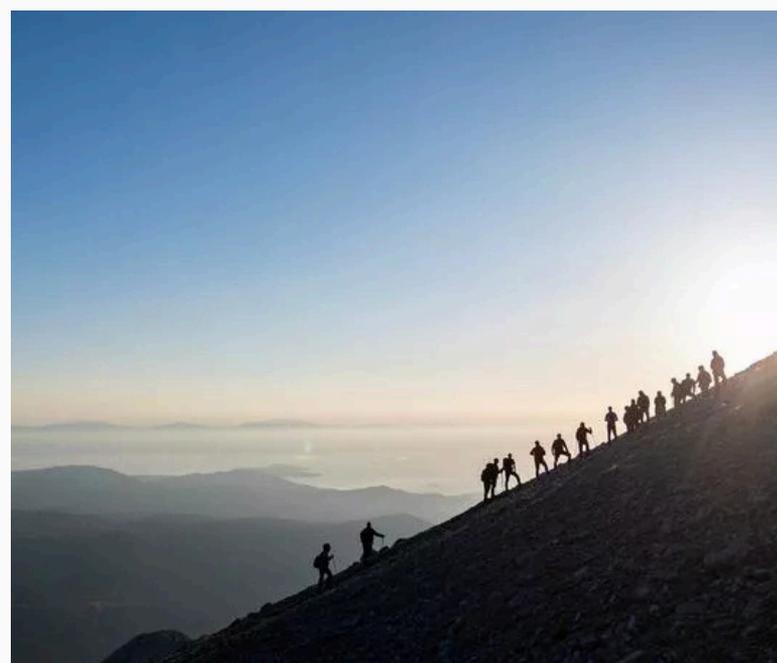
It means that God cares about us. All of us. Too often, we fall into the trap that God only cares about our spiritual health, neglecting the physical and emotional aspects of who we are. Now is the time to reclaim true wellness.

This conversation at its core is about human flourishing — our modern version of the ancient philosophical dialogues. This can and should be a starting point of dialogue with our world. As Catholics, we are called not just to participate but to guide this discussion toward its true end: the wholeness and holiness God desires for every person. The Second Vatican Council reminds us that we are to be leaven in the world, engaging and influencing culture with truth and charity.

## Twofold Truth of Man's Call to Flourishing

To understand wellness, we must first understand what it means to be human. Genesis affirms that we are made in the image and likeness of God, and as Boethius defines, we are “an individual substance with a rational nature.”

This definition of the person communicates a twofold truth about man's call to flourishing and to “be well.” First, we are created good. Second, we have a responsibility to care for our whole person in spirit, mind and body. As John Paul II reminded us, the body “is capable of making visible what is invisible, the spiritual and divine.” In other words, our bodies reveal God's mystery and are part of his plan. True holiness involves caring for the entirety of our person, treating our bodies with the dignity they were created with.



## Living our Rational Nature

Knowing this alone isn't enough. What makes us unique as humans is our rational nature. When we choose to seek the good and move toward it, we are using the amazing gift we have been given of our intellect and will. It can be easier to think about the role of our intellect and will when it comes to moral actions, our passions, etc. I want to challenge our thinking and include man's wellness and flourishing here. Man, out of the virtue of justice, has a responsibility to take care of the gift of his personhood. Not only should we care for the wellness and wellbeing of our self, but we must help others flourish. As Christ said, “As you did it to one of the least of these my brethren, you did it to me” (Matthew 25:40).

What this does not mean is that struggling with your health – whether mental, physical or spiritual – is a sign of personal failure or sin. Many factors impact our well-being, including circumstances beyond our control such as illness, injury or life’s unpredictable challenges. We all go through seasons of wellness, and God’s love for us is not dependent on how “healthy” we are at any given moment. The ideal is not to be burdened with guilt or an impossible standard, but to be encouraged to make a hopeful movement toward flourishing. It is an invitation to recognize the goodness you were created with, to acknowledge the struggles you face with honesty and compassion, and to take small, meaningful steps forward. As St. Irenaeus reminds us, “The glory of God is man fully alive.” Even in difficulty, we can embrace the journey toward the fullness of life God desires for us.

It should come as no surprise that a loving Father who created us with this rational nature, would have as part of his plan ways in which we can participate in greater wellness through the use of our own action. The entire premise of the lifestyle medicine movement follows this, that our own choices significantly impact our whole person well-being. Studies from Harvard’s T.H. Chan School of Public Health found that simple lifestyle changes – including healthy eating, regular exercise, avoiding smoking, and maintaining a healthy weight – can prevent up to 80% of heart disease and 90% of Type 2 diabetes. Similarly, managing one’s stress and emotional health can have drastic impacts on one’s overall health as studies reveal the negative impacts of chronic stress including increasing the risk of anxiety, heart disease, dementia and digestive problems. Even small improvements in diet, activity, sleep and stress management can lead to profound health benefits in the long term.

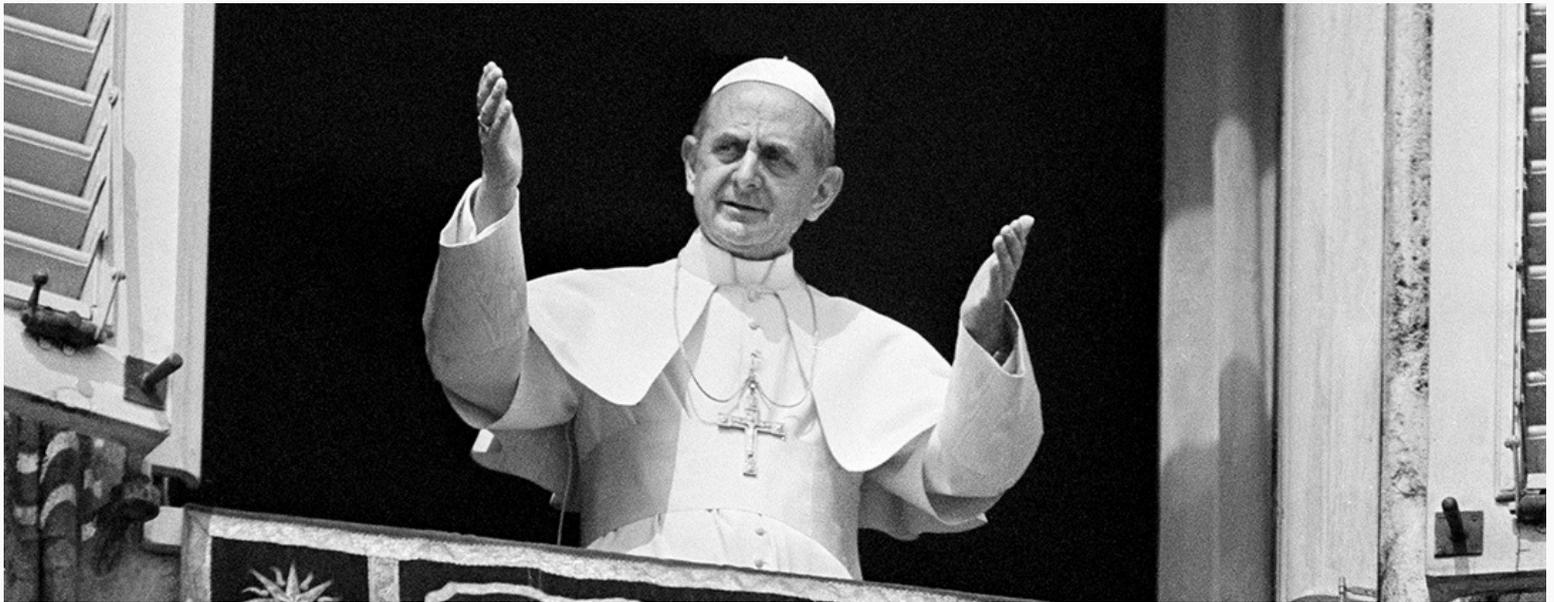
### Wellness Is a Shared Responsibility

Pursuing wellness cannot be simply a personal matter – it must be a shared responsibility. If caring for our health is part of our call to holiness, we must also help others do the same. As Pope Benedict XVI reminds us in *Spe Salvi*, “No man is an island. ... Our lives are involved with one another, through innumerable interactions they are linked together.” This means advocating for ways to make healthy choices accessible to all. It is a tragedy that many families, due to financial constraints, are left with limited, often highly processed food options that do not support their well-being. They do not have the ability to act in ways that best provide for the wellness of themselves and their loved ones.

To be truly pro-life, we must care not only for our own health but for the health of our communities. This includes promoting awareness about nutrition, the effects of sedentary lifestyles, stress management and the power of prayer. Many people lack access to the support they need – whether it be therapy, spiritual direction or wellness coaching. Too often, those who most need healing cannot afford it or do not know where to turn.



I have seen firsthand the transformative power that accompaniment can have through our CURO Wellness Community. As a Catholic wellness coach, I am able to witness the incredible ways an individual's identity and passion can grow when they make space to set manageable goals aimed at improving their overall flourishing and wellness. Our HOPE Employer Program extends this vision further, bringing Catholic wellness coaching, spiritual direction and our vision of wellness into workplaces, helping individuals and families prioritize their health while balancing their daily responsibilities.



As Pope Paul VI reminded us, “the beginning, the subject and the goal of all social institutions is and must be the human person.” Finding ways to support our own personal wellness and growth, as well as the growth of our families, communities and our workplaces will transform our world.

Many of us live in a constant state of depletion, feeling we do not have the time, resources or support to focus on our well-being. We must work to change this – not just by encouraging individual action, but by fostering communities and workplaces that help one another flourish in spirit, mind and body.

### **Fostering Wellness and Holiness**

Recognizing that we are living out the gift of our humanity by seeking and pursuing wellness should inspire us to action! No matter how small this step may seem, simply acknowledging that we are made for holiness and flourishing, and deciding to seek this, is an acknowledgment of the gift of our humanity and the beginnings of the path to wellness. As we continue to discuss health, nutrition and what it means to “be well” in 2025, let us take this as an opportunity to discuss the life of holiness and flourishing the Lord desires for all people and find ways to provide opportunities for all people to choose to participate in this life of flourishing they are made for.

Written By: Becca Wilson

Director of Catholic Wellness Programs  
Christ Medicus Foundation



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